



WALT AIR TIMES

VOL-30 | ISSUE - 12 | JUNE - 2026

THE HOUSE JOURNAL OF WALT AIR CLUB



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From the President's Desk

Dear Members,

Greetings to all our members and their families.

June is a month that reminds us of the importance of health, renewal, and lifelong learning. With the onset of the monsoon and the celebration of the International Day of Yoga, it is an ideal time to reflect on the simple habits that help us lead healthier and happier lives.

Waltair Club has always been more than a recreational institution-it is a vibrant community where friendships are strengthened, talents are nurtured, and memories are created. The enthusiasm with which members participate in our sporting, cultural, literary, and social activities continues to inspire the Managing Committee to introduce meaningful initiatives that enhance the overall club experience.

Our strength lies in our unity, mutual respect, and active participation. Every suggestion from our members helps us improve, and every contribution enriches the spirit of our club. Together, let us continue to preserve the traditions of Waltair Club while embracing thoughtful innovations that benefit present and future generations.

I encourage all members to make full use of the excellent facilities available, participate actively in upcoming events, and continue fostering the warm and friendly atmosphere that defines our club.

Wishing you and your families good health, happiness, and a wonderful June.

With warm regards,

G. Seshagiri Rao (S-260)

Hon. President
98494 91111



PRESIDENT	Mr. G.Seshagiri Rao	S-260	9849491111
VICE-PRESIDENT	Dr. G.M.B.V.Krishna Reddy	K-077	9246623943
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SENIOR CITIZENS	Mr. M.V.Prabhakar	P-050	9393100037



Your Feedback helps us understand what we are doing well
and where we can enhance your experience

info@waltairclub.com

Vice-President's Message

Dear Members,

It gives me great pleasure to connect with you through the June issue of Waltair Times.

Every season brings new opportunities, and June reminds us that progress is built through continuous improvement. Whether in sports, culture, community service, or personal development, small and consistent efforts often produce remarkable results.

Our club is fortunate to have members from diverse professions and generations. This diversity is our greatest strength. By sharing our knowledge, experiences, and ideas, we create an environment where everyone can learn, contribute, and grow together.

As we move forward, let us continue encouraging healthy lifestyles, meaningful conversations, and active participation in club activities. Every event, every interaction, and every act of goodwill contributes to making Waltair Club a stronger and more vibrant community.

I wish all our members a healthy, productive, and joyful month ahead.

Dr. G.M.B.V.Krishna Reddy (K-077)

Hon. Vice-President

9246623943



CHAIRMAN : DR.G.M.B.V.KRISHNA REDDY

EDIROTR : DR. M.RAMJEE (R-267)

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1. V.Ravikanth (R-446)

2. K.Kamaraju (K-022)

3. Smt. S.Lavanya (S-720)

4. Smt. M.Naga Sushma (U-060)

Editors Message

Dear Readers,

Welcome to the June 2026 issue of Waltair Times.

Every edition of our magazine is a reflection of the vibrant life of Waltair Club-its activities, achievements, traditions, and, above all, its people. Our objective is not only to document events but also to provide articles that inform, inspire, and encourage meaningful conversations among members.

This month's feature article focuses on "The Art of Healthy Ageing - Living Better, Not Just Longer," a subject that is relevant to every generation. Good health, lifelong learning, meaningful friendships, and active participation in community life enrich our lives and strengthen our club.

We warmly invite members to contribute articles, travel experiences, photographs, literary works, and creative ideas for future issues. Your participation will continue to make Waltair Times a magazine that truly represents the collective voice and spirit of our club.

Thank you for your continued encouragement and readership. We hope you enjoy this issue and look forward to your valuable feedback.

Happy Reading!

Dr.M.Ramjee (R-267)

98480 40655



Hon. Secretary's Message

Welcome to the June edition of Waltair Times.

The smooth functioning of our club is possible because of the active cooperation of our members, dedicated staff, and Managing Committee. On behalf of the administration, I sincerely thank every member who continues to support our activities with enthusiasm and constructive suggestions.

As we enter the middle of the year, several exciting programmes and member-centric initiatives are being planned. We encourage members to participate wholeheartedly and make the best use of the excellent recreational, sports, library, dining, and cultural facilities available at the club.

I also request all members to kindly observe club guidelines, extend courtesy to fellow members and guests, and help us maintain the high standards and welcoming environment for which Waltair Club is known.

Your suggestions are always valuable, and we look forward to your continued support as we work together to make our club even better.

Wishing you and your family a happy, healthy, and enjoyable June.

With best wishes,

C Balasatish (B-94)

Hon. Secretary
9849166099



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The Art of Healthy Ageing

Living Better, Not Just Longer

"Growing older is inevitable; growing healthier, happier, and wiser is a choice we make every day."

Adding Life to Years



Medical science has enabled people across the world to live longer than ever before. Reaching the age of eighty or ninety is no longer uncommon. However, the true measure of a fulfilling life is not simply the number of years we live, but the quality of those years.

This philosophy is beautifully reflected in the concept of **Healthy Ageing**, which emphasizes remaining physically active, mentally alert, emotionally balanced, socially connected, and intellectually curious throughout life.

Healthy ageing is not reserved for senior citizens alone. It is a lifelong investment that begins in youth and benefits people of every age.

Health span – A New Way of Looking at Age

Most of us are familiar with the term **lifespan**, which refers to the total number of years a person lives.

Equally important is another concept known as **health span**—the number of years we remain healthy, independent, energetic, and capable of enjoying life.

Two people may both live to ninety years of age. One may spend the final twenty years dependent on others due to illness, while the other continues travelling, reading, exercising, volunteering, and participating in community life. Although both have the same lifespan, their health span is remarkably different.

Our goal should therefore be to **increase both lifespan and health span**, enabling us to enjoy every stage of life with dignity and enthusiasm.

Healthy Ageing Tips

- Walk for at least **30 minutes daily**
- Practice **Yoga or stretching**
- Read for **20 minutes every day**
- Drink adequate water
- Sleep **7–8 hours**
- Keep in touch with family and friends
- Learn something new every month
- Smile often and laugh freely

Yoga – A Timeless Gift for Every Generation

Every year, **21st June** is celebrated worldwide as the **International Day of Yoga**. The 2026 global theme, "**Yoga for Healthy Ageing**," highlights yoga's



remarkable contribution to maintaining physical fitness, mental calmness, and emotional resilience.

Yoga is not merely a series of physical exercises. It is a holistic way of life that integrates body, mind, and breath.

Regular yoga practice can help improve:

- Flexibility and posture
- Balance and coordination
- Heart health
- Breathing capacity
- Mental concentration
- Stress management
- Emotional well-being



Lifelong Learning Keeps the Mind Young

Learning should never stop with formal education.

Whether it is learning a musical instrument, mastering digital technology, exploring photography, reading history, or studying a new language, every new experience stimulates the brain and enriches life.

Research consistently shows that mentally active individuals often enjoy greater confidence, improved memory, and a stronger sense of purpose.

As the saying goes:

“The day we stop learning is the day we stop growing.”

Technology – A Valuable Companion for Senior Citizens

Modern technology has transformed daily life and offers tremendous benefits for older adults.

Smartphones, wearable fitness devices, online banking, telemedicine, digital payments, video calls, and health-monitoring applications have made life safer, easier, and more connected.

Learning to use these technologies is not merely about convenience—it empowers senior citizens to remain independent and confidently connected with family, friends, and essential services.

Invest Just Thirty Minutes a Day

Many people believe healthy living requires several hours each day. In reality, remarkable improvements can begin with just **30 minutes of focused daily effort**.

Perhaps its greatest strength is its accessibility. With proper guidance, yoga can be adapted for children, adults, and senior citizens alike.

Five Daily Habits for a Better Tomorrow

Healthy ageing is built upon simple daily habits rather than dramatic lifestyle changes.

Move Your Body: Walking, cycling, swimming, gardening, or light exercise keeps the body strong and flexible.

Eat Wisely: A balanced diet rich in fruits, vegetables, whole grains, pulses, nuts, and adequate hydration supports long-term health.

Sleep Well: Restful sleep strengthens immunity, improves memory, and restores physical energy.

Exercise Your Mind: Reading books, solving puzzles, learning a language, or pursuing a hobby keeps the brain active and curious.

Stay Connected: Strong family relationships, friendships, and community involvement contribute immensely to emotional well-being.



A Simple Daily Routine

- **10 minutes** – Yoga, stretching, or breathing exercises.
- **10 minutes** – Brisk walking or light physical activity.
- **10 minutes** – Reading, meditation, prayer, or learning something new.

These thirty minutes represent one of the most rewarding investments we can make in our future health and happiness.



Did You Know?

- Walking regularly can improve heart health and balance.
- Reading stimulates memory and cognitive function.
- Strong social relationships contribute to emotional well-being.
- Positive thinking and gratitude help reduce stress.
- Lifelong learning supports mental agility at every age.

Waltair Club – A Community that Promotes Healthy Living

Waltair Club has always been much more than a recreational institution. It is a vibrant community where members of all generations come together to build friendships, share experiences, participate in sports, enjoy cultural activities, read, learn, and celebrate life.

The club's facilities—walking spaces, sports, swimming, the library, cultural programmes, and social gatherings—provide countless opportunities to cultivate healthier lifestyles and meaningful relationships.

Healthy ageing flourishes in communities where people remain active, engaged, and connected—and Waltair Club continues to provide exactly such an environment.

Conclusion

Growing older is one of life's greatest privileges. Healthy ageing invites us to embrace every stage of life with optimism, purpose, curiosity, and compassion.

By maintaining good health, staying physically active, nurturing meaningful relationships, continuing to learn, and using technology wisely, we can transform the later years of life into some of the most productive and rewarding years.

Let us all resolve to **add more life to every year, rather than merely adding more years to life.**

Thought for the Month

"Healthy ageing is not about counting birthdays—it is about creating beautiful memories, meaningful relationships, and purposeful living every single day."

Inspirational Quote

"Age is not a barrier to growth; it is an invitation to discover new strengths, new friendships, and new purposes."

A multigenerational family reading together, playing indoor games, or sharing a meal, emphasizing family bonding and active ageing.



Artificial Intelligence in Everyday Life – Friend or Foe?

“Artificial Intelligence is not here to replace people—it is here to help people make better decisions, work more efficiently, and live more comfortably.”

Artificial Intelligence (AI) is no longer a concept confined to science fiction movies or research laboratories. It has quietly become a part of our daily lives, often without us even realizing it. Every time our smartphone suggests the next word while typing a message, our banking app detects suspicious transactions, or a navigation system recommends the fastest route, Artificial Intelligence is at work behind the scenes.

This rapid growth of AI has generated both excitement and concern. Some people view AI as a revolutionary technology that will improve our quality of life, while others worry about privacy, job security, and overdependence on machines. So, is AI a friend or a foe? The answer depends largely on **how wisely we choose to use it.**

AI at Home – Making Daily Life Easier

Modern homes are becoming increasingly intelligent. Voice assistants can answer questions, play music, remind us about appointments, set alarms, or control lights and appliances through simple voice commands. Smart televisions recommend programmes based on our viewing preferences, while robotic vacuum cleaners quietly clean floors with minimal supervision.

Even kitchen appliances are becoming smarter by suggesting cooking times and energy-saving modes. These technologies save time and allow families to focus more on activities that matter most.

AI in Our Mobile Phones

Our smartphones are perhaps the best example of AI in everyday life.

Have you noticed how your phone predicts the next word while typing? How it automatically organizes photographs, recognizes faces, improves picture quality, or translates languages instantly? AI makes all these features possible.

Navigation applications estimate travel time by analysing live traffic conditions, while voice assistants help us make calls, send messages, or search for information simply by speaking. Today's smartphones are far more than communication devices—they have become intelligent personal assistants.

AI in Banking

Banks now use AI to provide safer, faster, and more convenient services.



Whenever we use internet banking, UPI, or a credit card, AI continuously monitors transactions to detect unusual activities that may indicate fraud. Many banks now offer AI-powered chat assistants that answer customer queries at any time of the day.

Loan processing, investment suggestions, and customer support have also become faster and more efficient with the help of AI, reducing waiting time while improving service quality.

AI in Hospitals and Healthcare

Healthcare is one of the fields where AI is making a significant positive impact.

Doctors use AI-assisted tools to analyse medical images such as X-rays, CT scans, and MRI scans. AI can help identify abnormalities that may require closer attention, supporting—but not replacing—the expertise of medical professionals.

Health-monitoring devices can measure heart rate, oxygen levels, sleep patterns, and physical activity, helping individuals better understand their health. Telemedicine allows patients to consult doctors from the comfort of their homes, particularly benefiting

those living in remote areas or senior citizens with mobility challenges.

It is important to remember that AI assists healthcare professionals; medical decisions continue to depend on the knowledge, experience, and judgement of qualified doctors.

AI in Education

Learning has become more personalized than ever before.

Educational platforms can recommend lessons based on a student's progress, provide instant feedback on assignments, and offer practice questions suited to individual learning needs.

Students can learn new languages, improve communication skills, and explore subjects ranging from science to music through AI-supported educational applications.

For teachers, AI helps prepare teaching materials, evaluate assessments, and identify areas where students need additional support, allowing more time for meaningful classroom interaction.

AI in Travel

Travelling has become easier thanks to AI.

When we book flights or hotels online, recommendation systems suggest suitable options based on our preferences. Navigation apps continuously monitor traffic and suggest faster routes, helping us avoid congestion.

Airlines use AI to optimize schedules and improve passenger services, while many airports employ intelligent systems to enhance security and manage passenger flow more efficiently.

Whether planning a holiday or a business trip, AI helps make travel smoother and more convenient.

AI Safety – Using Technology Responsibly

Like every powerful technology, AI should be used responsibly.

While AI offers many benefits, users should remain cautious about sharing personal information online. Strong passwords, two-factor authentication, regular software updates, and awareness of online scams are essential digital safety practices.

Not every photograph, video, or message circulating on social media is genuine. AI can generate highly realistic images and videos, making it increasingly important to verify information before believing or forwarding it.

Responsible use of AI begins with responsible digital behaviour.

How Senior Citizens Can Benefit

Perhaps one of the most encouraging aspects of AI is its ability to improve the lives of senior citizens.

Voice assistants can set medication reminders, make phone calls, answer questions, or provide weather updates. Video calling applications help grandparents remain closely connected with children and grandchildren living across the world.

Health-monitoring watches can track heart rate, detect falls, and remind users to remain active. AI-powered translation applications assist while travelling, and digital assistants can help manage appointments, shopping lists, and daily schedules.

Learning to use these technologies may seem challenging initially, but even basic digital skills can significantly improve independence, confidence, and quality of life.

Friend or Foe?

Artificial Intelligence itself is neither a friend nor a foe. It is simply a powerful tool. Like electricity, the internet, or automobiles, its impact depends entirely on how we use it.

Used wisely, AI can save time, improve healthcare, enhance education, strengthen communication, and make daily life more convenient. Used carelessly, it can contribute to misinformation, privacy concerns, and excessive dependence on technology.

The key lies in maintaining the right balance—embracing innovation while preserving human values, judgement, compassion, and common sense.

A Future to Embrace

Artificial Intelligence will continue to become an integral part of our homes, workplaces, schools, hospitals, and communities. Rather than fearing it, we should strive to understand it, use it responsibly, and ensure that technology always serves humanity.

For members of Waltair Club, AI presents exciting opportunities to learn, stay connected, improve health, simplify daily tasks, and continue lifelong learning. Regardless of age, a willingness to explore new technologies with curiosity and caution can open doors to a more convenient, informed, and connected future.

After all, **the smartest technology is not the one that replaces people—it is the one that helps people live better, healthier, and happier lives.**

Thought for the Month

“Artificial Intelligence can process information at incredible speed, but wisdom, kindness, integrity, and compassion will always remain uniquely human.”



The Science of Happiness

Finding Joy in Everyday Life

“Happiness is not something we find at the end of life’s journey—it is something we create every day through our thoughts, relationships, habits, and actions.”

In today’s fast-paced world, many people believe that happiness is something to be achieved after reaching a particular goal—a promotion, a bigger house, higher income, or social recognition. Yet, despite unprecedented technological progress and improved standards of living, many people continue to struggle with stress, anxiety, and dissatisfaction.

Scientists, psychologists, and philosophers have spent decades studying what truly makes people happy. Their conclusion is both surprising and reassuring: **lasting happiness depends less on what we own and more on how we live.** Happiness is not merely an emotion that appears occasionally; it is a way of thinking, behaving, and connecting with others.

Happiness versus Success

Society often teaches us that success leads to happiness. We are encouraged to study harder, work longer, earn more, and achieve greater recognition, believing that happiness will naturally follow.

While success certainly brings satisfaction and confidence, it does not automatically guarantee lasting happiness. Many highly successful individuals continue to experience loneliness, stress, and emotional exhaustion.

True happiness comes from balancing achievement with good health, meaningful relationships, inner peace, and a sense of purpose.

Success may bring comfort, but happiness gives life its meaning.

As the philosopher Albert Schweitzer wisely observed: *“Success is not the key to happiness. Happiness is the key to success.”*

When we enjoy what we do and maintain a positive outlook, success often follows naturally.

The Power of Gratitude

One of the simplest yet most powerful habits for improving happiness is **gratitude**.

Gratitude means appreciating what we already have instead of constantly focusing on what we lack.

Every day offers countless reasons to be thankful—a loving family, supportive friends, good health, nature’s beauty, meaningful work, or even a peaceful morning cup of tea.

Research has shown that people who regularly express gratitude tend to experience greater optimism, stronger relationships, and lower levels of stress.

A simple habit of writing down three things you are grateful for each day can gradually transform the way you see life.

Gratitude does not change our circumstances; it changes our perspective.

Friendship – The Heart of a Happy Life

Human beings are social by nature. Genuine friendships enrich our lives in countless ways.

A good friend celebrates our achievements, comforts us during difficult times, offers honest advice, and shares life’s memorable moments. Strong friendships reduce loneliness, improve emotional well-being, and even contribute to better physical health.

In clubs such as Waltair Club, friendships are built not only through formal events but also during morning walks, sports, cultural programmes, library visits, and casual conversations over a cup of coffee.

The happiest memories in life are often created not by possessions but by people.

The Joy of Volunteering

Helping others is one of the quickest ways to experience personal happiness.

Volunteering teaches us compassion, empathy, and gratitude. Whether mentoring students, participating in environmental activities, supporting charitable causes, donating blood, or helping neighbours, every act of kindness creates a positive impact—not only on others but also on ourselves.

Psychologists often describe this as the **“helper’s high”**—the sense of satisfaction and emotional well-being that follows acts of generosity.

As Mahatma Gandhi said:

“The best way to find yourself is to lose yourself in the service of others.”

A few hours spent helping someone can leave a lasting impression on both the giver and the receiver.

Exercise – Nature’s Happiness Booster

Exercise is often called the most affordable medicine in the world.

Regular physical activity strengthens the heart, improves circulation, increases energy levels, and helps maintain a healthy body weight. Equally important, exercise stimulates the release of natural chemicals known as

endorphins, often referred to as the body's "feel-good hormones."

Walking, swimming, cycling, yoga, dancing, or even gardening can significantly improve mood and reduce stress.

You do not need to become a marathon runner. Even **30 minutes of moderate physical activity most days of the week** can make a remarkable difference.

A healthy body supports a healthy mind.

Sleep – The Foundation of Well-being

In our busy lives, sleep is often neglected. Yet quality sleep is one of the strongest foundations of physical and mental health.

During sleep, the body repairs tissues, strengthens the immune system, consolidates memories, and restores energy.

Insufficient sleep can lead to irritability, poor concentration, reduced productivity, and increased health risks.

Simple habits such as maintaining regular sleep timings, reducing screen time before bedtime, and creating a peaceful sleeping environment contribute to better rest and greater happiness.

Good sleep is not a luxury—it is a necessity.

Laughter – The Best Natural Medicine

There is timeless wisdom in the saying, "**Laughter is the best medicine.**"

Laughter relaxes muscles, reduces stress hormones, improves blood circulation, and strengthens social relationships. It brings people together, eases tension, and reminds us not to take every challenge too seriously.

Whether it is sharing a humorous story, watching a light-hearted movie, enjoying the company of friends, or spending time with grandchildren, laughter enriches life in ways that no medicine can replace.

A smiling face often brightens not only our own day but also the lives of those around us.

Happiness at Every Stage of Life

Happiness has no age limit.

For children, happiness may come from play and discovery.

For young adults, it may arise from learning, friendships, and new opportunities.

For professionals, meaningful work and family life often become important.

For senior citizens, happiness may be found in good health, lifelong learning, community service, grandchildren, travel, reading, music, gardening, or simply enjoying peaceful moments.

The source of happiness may change with age, but the ability to experience happiness remains with us throughout life.

Waltair Club – A Home for Happiness

A vibrant community plays a significant role in our happiness.

Waltair Club provides members with opportunities to participate in sports, swimming, cultural programmes, literary activities, celebrations, social gatherings, and community service. These activities not only promote physical fitness but also strengthen friendships and create lasting memories.

The true wealth of a club lies not merely in its buildings or facilities, but in the smiles, friendships, and shared experiences of its members.

Simple Habits for a Happier Life

Building happiness does not require major changes. Small daily habits can make a lasting difference:

- Begin each day with gratitude.
- Stay physically active.
- Spend quality time with family and friends.
- Read, learn, and remain intellectually curious.
- Help someone whenever possible.
- Sleep well.
- Laugh often.
- Practice kindness and patience.
- Limit unnecessary stress.
- Appreciate the simple joys of everyday life.

Conclusion

The science of happiness teaches us a valuable lesson: happiness is not purchased, inherited, or discovered by accident. It is cultivated through healthy habits, meaningful relationships, gratitude, compassion, and purposeful living.

Every day presents a new opportunity to choose optimism over negativity, generosity over selfishness, and gratitude over complaint.

As members of Waltair Club, let us continue to build a community where friendship flourishes, learning never stops, health is valued, and happiness is shared generously.

After all, life's greatest achievements are not measured by wealth or titles but by the number of smiles we create, the friendships we nurture, and the positive difference we make in the lives of others.

Thought for the Month

"Happiness grows when it is shared, gratitude deepens when it is expressed, and life becomes richer when we choose kindness, friendship, and purpose every day."

Young Vocalist Vaishnavi Siddavarapu Continues to Inspire Through Devotional Music

Ms. Vaishnavi Siddavarapu, an associate member of our Club (V460) has emerged as a promising young exponent of devotional music. A graduate in B.Tech, she has successfully balanced academic excellence with an unwavering commitment to her passion for music.



From a young age, Vaishnavi displayed a profound inclination towards classical and devotional concerts, pursuing her musical aspirations with sincerity and discipline. She has been receiving rigorous training under the esteemed guidance of Guru Komanduri Ramachari Garu at the Little Musicians Academy, where her talent has been carefully nurtured and refined.

Over the years, she has earned recognition for her melodious voice and soulful presentations,



captivating audiences with performances marked by devotion and artistic excellence. One of the significant milestones in her musical journey has been the privilege of rendering devotional concerts at the sacred Tirumala Tirupati Devasthanams (TTD), a distinction regarded as an honour by many aspiring musicians.



Ms. Vaishnavi has performed at various devotional concerts and cultural gatherings across Andhra Pradesh and Telangana, receiving widespread appreciation from devotees, music lovers, and distinguished personalities. Her performances are known for their purity of expression, traditional authenticity, and spiritual depth.

With remarkable perseverance, grace, and an abiding faith in the divine, she represents the new generation of artists who seamlessly combine modern education with a profound respect for tradition. As she continues her musical journey, Ms. Vaishnavi Siddavarapu stands as an inspiring example of how talent, discipline, and devotion can come together to create a lasting impact on the cultural landscape.



MEMBER HONOUR



Arjun Vasireddy secured 1 st place in U-14 chess championship at the CISCE(ICSE) zonal games and sports 2026, Grandson S/o. Sreenadh Vasireddy S-616

PRESIDENTS CUP - CRICKET



CLUB CALENDAR

10.07.2026	Fri	Movie	07:00 pm
12.07.2026	Sun	Sunday Special Tambola	12:00 noon
17.07.2026	Fri	Movie	07:00 pm
24.07.2026	Fri	Movie	07:00 pm
28.07.2026	Sun	Bumper Tambola	07:00 pm
01.08.2026	Fri	Movie	07:00 pm
08.08.2026	Fri	Movie	07:00 pm
09.08.2026	Sun	Sunday Special Tambola	12:00 noon

OBITUARY

We regret to announce the sad demise of our members.



MR.N K RAWAT
M.NO.R-038 EXPIRED ON
19.05.2026



**MR GOTTUMUKKALA
SRIDHAR CHAKRAVARTHY**
M.NO.S-1433
EXPIRED ON 22.06.2026



MR.S VIJAYA KUMAR
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